English 1010- Narrative Essay

Tamara Dickinson Berrett
English 1010
July 15, 2013
Narrative Essay

Here Come the Irish of Notre Dame

We’re gonna go inside, we’re gonna go outside, inside and outside. We’re gonna get ‘em on the run boys and once we get ‘em on the run we’re gonna keep ‘em on the run. And then we’re gonna go go go go and we’re not gonna stop till we get across that goal line. This is a team they say is… is good, well I think we’re better than them. They can’t lick us, so what do you say men? Rudy Ruettiger is and always has been one of my heroes.

“Rudy” the movie was one of my all-time favorites. I wanted to be Rudy. All through my school years, I kept that dream close to my heart and held on to it. I strived for good grades, using Notre Dame as my motivation. But I’m just a girl from Utah. Not just anyone gets into Notre Dame. Never in my wildest dreams would I have imagined I would be packing my bags in 2002 after graduation from high school and heading to South Bend, Indiana to become a true “Domer”. I lived more in those years, than I have ever lived in my life.

I love Notre Dame Football and have for as long as I can remember. My grandpa is their #1 fan and I gained my love for the Fighting Irish through him. My fondest and best memories are watching the Notre Dame play on his TV. When I arrived at Notre Dame, all I could think about was how to get football tickets. The season started shortly after school started so I was anxious to get my hands on those priceless tickets. As students, we had the opportunity to purchase all 8 home game tickets for an insanely cheap price of $175. It was the best $175 I have ever spent.

The walk to the stadium is absolutely breathtaking. The stadium sits on the south east corner of the large campus. For hundreds of feet, all I could see was green and gold colors. People wore their colors proudly. Tail-gating gave off the appetizing aroma of bratwursts and beer. The smell of the fall leaves and humid air mingled to release a scent that could be heard at the university at my back.

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My seat was located in the student section and I couldn't imagine it any other way. I purchased my green “The Shirt 2002”, so that I would match the other thousands of students around me in the student section. My first Notre Dame game was surreal. I felt the sun beating down, the warmth it gave. Nachos and hot dog aromas filled the tunnels of the stadium as I made my way to my section. The echoes of cheers and excitement filled the old, concrete hallways beneath the seats. As I got to my section, I walked towards the field. It was just like the movie; the grass was a beautiful color of green, the field goal posts were freshly painted yellow and there was a sense of pride and tradition I embraced and still hold to this day. The Irish won this game and it was a perfect way to end my first game in the Fighting Irish Stadium. I had a smile that lasted for days.

From that day, I knew I wanted to be more than just a fan in the stands. As much as I loved the student section and the immense pride and tradition one felt while being within it during a game, I wanted more. Call me greedy, but you only live once and I had to make the most of it. I researched and found an organization called The Student Managers Organization at the University Of Notre Dame. It is a competitive organization to get accepted into and by some grace, I was accepted. I was part of assisting the football team with many, many different tasks. One of my favorite was painting the helmets. First, we sanded the old paint off by hand to get a smooth surface, then taped each and every little hole, strap, metal piece, etc. to have it ready for paint. Notre Dame helmets are painted gold and actually have real 24 k gold flakes IN the paint. Fall 2003, Football season returns. I didn’t need to buy tickets; this year, I worked half the games and SMO gave me the other games tickets for free in the student section. One game in particular will forever be embedded in my memory. I was in the locker room with the football players before the game. The coach said a prayer; we bowed our heads together, held hands and said ‘Amen’. The football players lined up outside the tunnel, us behind them. The overhead speaker announced ‘the Notre Dame Fighting Irish Football Team’; we started running, my blood was rushing, adrenaline ran through my veins; I was running out of the famous tunnel that Rudy ran out of! Was this really happening? Would I really be heading towards THE infamous field, step out onto the grass? Before I knew it, the light came upon me as I ran with the rest of the SMO’s onto the field. I was standing on the soft, warm grass beneath my Adidas sneakers and looking onward to thousands and thousands of fans. I realized at that moment, I had become Rudy. No, I was not a guy, I was not playing football for Notre Dame, but I pursued my dreams and was really standing there, doing what I had always dreamed of. That evening, along with two other girls, I helped raised the field goal nets on the north side of the field each time a team needed to kick a field goal attempt.

The moral of my story: Never think your dream is impossible. You must believe in yourself if you plan to do anything with your life. If Rudy would have never tried to make the Notre Dame Football Team, standing at only 5 foot nothing, he would still be working at the mill with his father and brothers. Like me, he would have always had the ‘what-if’ questions and never known. I am in debt due to my college ventures but I have absolutely no regrets. I would have even paid more money to experience what I did. Life is too short to not take chances. The worst that can happen is you don’t succeed, but then you pick yourself and try again!

This song was written for Notre Dame by Jim Tullio and John Scully and Sung by Cathy Richardson.

http://gameday.nd.edu/experience/multimedia/here-come-the-irish/

Lyrics:

Well I remember the leaves a fallin'
And far off music like pipes a callin'
And I remember the golden morning
I saw the long ranks as they were forming
And there's a magic in the sound of their name
Here come the Irish of Notre Dame
The pilgrims follow by the sacred waters
And arm in arm go the sons and daughters
The drums are rolling and forward bound
They're calling spirits up from the ground
And there's a magic in the sound of their name
Here come the Irish of Notre Dame

Works Cited
After reviewing my family health history, I noticed a lot of similarities in family members throughout the generations. I noticed a great deal of heart disease, such as heart attacks, strokes, and high blood pressure in a lot of my family members. I also saw a lot of family members having breast cancer. Even though there were quite a few family members that have had to battle this cancer, I am pleased to say they are all still surviving and are in remission. When my maternal aunt had breast cancer, she was tested for BRCA gene. It is a genetic mutation that only 50% of people have. According to the National Cancer Institute (NCI), estimates of lifetime risk for breast cancer in women with BRCA2 mutation is about 85%. They are five times more likely to develop breast cancer than a woman who doesn’t have it. 7 of our family members went and were tested for this gene and unfortunately 6 out of 7 of us HAD the BRCA2 gene. Another trend I noticed was gastrointestinal diseases, such as gastroesophageal reflux disease (GERD), irritable bowel syndrome (IBS), and Crohn’s disease. My
My daughter has had chronic constipation from birth and I attribute it to all the gastrointestinal diseases that my family has had. My sister, my daughter and I have asthma, but I didn’t notice any of our other family members suffered from this. It makes me ponder why it started with us. Possibly both of our parents had a recessive gene, causing us to be affected.

My family health history also made me realize how many of my family members were smokers and alcoholics. My cousin is also an alcoholic. I truly believe it is an inherited disease. My maternal great-grandfather drank until the day he died. Most of my family members have quit smoking, which I am extremely grateful for, but unfortunately some already have damage from it. Obesity runs dominant in our family, due to excessive inactivity and unhealthy and poor diet choices. My family jokes with each other and call themselves the ‘portly Pinelles’, and believe their genetics caused them all to be overweight and obese. I feel it can’t be blamed solely on genetics, environmental factors add dramatically to it.

Changing my lifestyle and diet habits is one of the preventative measures I can take to hopefully delay or avoid the health problems prevalent in my family. I don’t smoke or drink, but I really need to increase my activity level and eat healthier. Doing that would help me avoid becoming obese, and help decrease my chance for heart disease. Since I tested positive for the BRCA2 gene, I have preventative plans to decrease my odds of getting breast and ovarian cancer.

After I have all of my children (I only want one more child), I plan on getting a double mastectomy and oophorectomy (removal of both ovaries). I will have reconstructive surgery so that it won’t be noticeable. My insurance company states that they will cover this procedure if a patient is positive for the BRCA2 gene. They state that this option will be cheaper for them in the long run, versus having to pay for the medical costs of breast cancer.

For my research paper topic, I have chosen “Breast Cancer”. I chose this topic because it has affected my family in a lot of ways. I have seen my family members suffer through it and conquer it. I have seen the nervous look on my little sister’s face when she found out she had the BRCA2 gene. It has tortured my family for many generations and I feel I would be most beneficial to research and educate myself on the topic as much as possible.

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# English 1010- Visual Analysis Essay

Tamara Dickinson  
Professor Jolynne Berrett  
English 1010  
June 24, 2013

Car Accidents don’t just happen to cars

A young girl looks ahead to the right, solemnly, with big beautiful eyes, blonde colored hair; she is wearing light colored overalls. She is standing in front of a light gray backdrop. The colors of the ad are monochromatic, no outstanding colors. The left side of her head has a large dent in it, looking as if that part of her head is metal. It has paint scratches and scuffs. It looks as though her forehead was hit by a car. There is paint/skin removed where the paint/skin has been bent. In the left hand lower side of the ad, it reads, At 60 km/h, it takes 8 meters more to stop than at 50. In town, car accidents don’t just happen to cars.
It is endorsed by the Sécurité Routière, the French institute for Road Safety. The ad portrays the message that cars are not the only thing that get damaged in a car accident, the people in and around them should be given more consideration, while effectively using the rhetorical triangle: pathos, ethos and logos.

The French organization utilizes pathos, the emotional appeal of the audience, very well in this ad; it grabs the attention of viewers. This little girl appeals to the audience’s emotions by the way her face and head are destroyed. It pulls at viewer’s heartstrings and makes them question ‘what if that were my child that was hurt from reckless driving?’ The most important message in this ad, conveyed mostly by pathos, is that not only can you damage your car along with the other car that was in the accident, but that you can also severely hurt the people in both cars.

The information located on the advertisement, also known as Logos, is provided by the French organization when they state, ‘At 60 km/h, it takes 8 meters more to stop than at 50. In town, car accidents don’t just happen to cars.’ They explain how going only 10 km/hour more, takes a greater length of space to stop a car. It conveys the message that speeding is not worth it, those 8 meters could mean life or death for a child crossing the road or a car in the wrong place at the wrong time.

Ethos, the advertisement’s credibility, is from the author of the ad, Sécurité Routière, the French institute for Road Safety. This institute was created 5 July 1972. The terms of reference of this committee were to “define government policy in the field of road safety and ensure its application”. The committee was “tasked with adopting all necessary directives and preparing the necessary draft legislation, as well as examining the annual road safety investment program as part of ministerial budgets (FIA Foundation).

All over the world, car accidents kill hundreds of people every day. Whether it be distracted driving, drunk driving, irresponsible driving such as burning the red traffic lights, speeding, not wearing seatbelts or even forgetting to indicate while turning, the consequences need to be known. This ad properly shows the harm it can cause on an innocent child. More awareness about safe driving is needed to avoid tragedies that are preventable. Education and advertising is key to get the word out about safe driving.

President Roosevelt's Pearl Harbor address

"Mr. Vice President, Mr. Speaker, Members of the Senate, and of the House of Representatives: Yesterday, December 7th, 1941 — a date which will live in infamy — the United States of America was suddenly and deliberately attacked by naval and air forces of the Empire of Japan (American rhetoric).” President Roosevelt began his speech regarding the atrocious attack on Pearl Harbor by Japan with this bold statement. He delivered this powerful speech on December 8th, 1941 to Congress, the nation, and the world to assure them that the United States was not willing to let this cowardly act of terrorism go unnoticed. He effectively used the rhetorical triangle in his speech; the audience can see his emotional devotion to the people (pathos), his character and credibility (ethos), and the logic and reasoning behind his words (logos).

President Roosevelt had a very strong devotion to his country and his people. He used the rhetorical process of pathos to portray the emotions he felt. His speech conveyed the emotion that the attack was a personal one and he was not going to stand for it. He made it sound as if Japan had attacked his own family when he threatens with these two statements from his speech: "I regret to tell you that very many American lives have been lost…. I believe that I interpret the will of the Congress and of the people when I assert that we will not only defend ourselves to the uttermost, but will make it very certain that this form of treachery shall never again endanger us (American rhetoric).” He aimed to target the emotions of Congress to influence them to proclaim war. There was still a threat of harm and he wanted to emphasize that danger still lurks and it needed to be addressed. He used this statement to accomplish that: "Hostilities exist. There is no blinking at the fact that our people, our territory, and our interests are in grave danger (American Rhetoric).”

Ethos, also known as President Roosevelt’s credibility, came naturally. I believe he used ethos most abundantly and effectively in the speech. He was the President of the United States after all, and was a great president who cared for and looked out for his people. Both of those facts made the people trust him and take his word. He used that to his advantage and proclaimed his emotion regarding the attack, hoping his people would follow and agree with him. He was confident and courageous, also adding to his credibility. He showed very little fear and stood up to the terrorism. By showing confidence and leadership, he hoped it would help the people and Congress agree with his notion to proclaim war and not back down.

Logos was the last rhetorical process seen in his speech. He verified every country that Japan had also attacked after attacking our country. He pointed out that this was not their first offense; they were harm and danger to everyone and needed to be suppressed to avoid further damage. After listing the other countries that were affected from Japan’s bombings, he adds the logic of: "The facts of yesterday and today speak for themselves (American Rhetoric).”

President Roosevelt addressed the United States of America and the world in December of 1941 to alert them of the act of war that occurred on that sunny day in Hawaii. His speech was aimed to notify the people of the events that occurred, the emotion he had behind the attack, the logic that was present at the time, and what he hoped would come of the attack. His credibility was already maintained because he was a very influential member of the U.S. He was the President. The President of the U.S. is a prestigious member who worked extremely hard to earn that right, therefore adding to his credibility. He delivered his speech with a great deal of poise, confidence and direction. The speech given by President Roosevelt will always be a profoundly historical one.

Works Cited

In the last couple of weeks, I have learned a great deal regarding the first stages of life up to the middle childhood age (newborn- age 11). In my personal experience and looking in on what I have read about these stages, I feel like I have learned a vast amount of information about these young ages and the different stages they go through. I have a young daughter and the information in these readings have related very closely to her development. It has been interesting to compare the experiences I have with hers versus the experiences that the book states should be happening at specific ages. I have enjoyed watching my daughter move onto the next stages that I read about and be able to see if she is doing what the book considers ‘average or normal’. I have nieces and nephews who are younger than 11 and I have also been comparing their development with what I have been learning this semester. The information provided to me in the book gives ample examples of what the different stages of development will portray with the child intellectually and physically. It has been interesting to learn how quickly these little children grow both in mind and body. Looking outward, I have been making connections with the material and my community. I took my daughter to a toddler soccer game and watched how the other children interacted and I tried to evaluate their physical and intellectual age, using the information I have learned from the textbook. I was surprised to see the vast difference in both physical and intellectual age of the 11 three year olds. Some were quite a bit older in physical age, meaning they were taller and larger than the other children. Some were intellectually younger in age. One of the children still had a binky and did not want to play the game with the other children. I also use the information I am learning, to compare children and their different stages in our world/politics. We have watched the President of the United States’ daughters grow up from little girls to middle age childhood. Some celebrities start out as young children and we see them change over the years on TV. Looking back, I was able relate the information to my childhood. Of course, I am not able to remember when I was younger than about 4 years old, but as for the latter years, I can remember more. Also talking with my mom helped me learn more about when I was a young child. She said I walked ‘early’ at the time (1984), I was 11 months old when I learned to walk. Compared to my cousin who was a year younger than I, he walked when he was 14 months old. In my textbook now, 11 months is an average time to start walking. I educated my mom on what I learned about the stages of babies and she said I was pretty spot-on with the ‘average time’ of physical and intellectual development. I remember learning to ride a bike; I gained that motor skill when I was about 4 years old. I remember my dad teaching me how to gain my balance and running alongside of me. According to my textbook, “By age 6, children know most of the basic vocabulary and grammar of their first language and many speak a second or even a third language.” When I was 7, I won my school’s spelling bee. I feel that maybe I was advanced at that age. I won it consecutively for about 5 years from that point. I enjoyed being able to correlate a lot of my textbook to my childhood. Looking ahead, I see this information being very helpful in helping future parents making sure their kids are developing appropriately. I have found it very helpful to read the information while my daughter grows both physically and intellectually. I believe it is essential to know what to expect in the lifespan of an adult. I look forward to reading more in this textbook about the older ages. It gives me a good idea of what to expect and where we should all be in our personal growth. I have really enjoyed learning this information and using it in my everyday life!
Resume 2012

Tamara J. Dickinson
P.O. Box 1354
West Jordan, UT 84081
801-870-1756
tamaralang@gmail.com

Objective
Seeking a position as a licensed practical nurse in a facility that will allow me to expand my clinical experience while providing the best quality care to all patients. Proven dedicated and has ability to build positive relationships with patients, family members, physicians and other medical professionals.

Work Experience
Licensed Practical Nurse
06/2012-current
Aspen Ridge Transitional Rehabilitation, Murray, Utah
PRN LPN at 38-bed physical and occupational therapy rehabilitation facility. Effectively passed medications on a professional, accurate and timely manner to each individual patient. Completed tasks such as pain management, dressing changes, catheter insertion, IV and PICC therapy.

Licensed Practical Nurse
02/2011-07/30/2012
Legacy Village Rehabilitation, Taylorsville, Utah
LPN at 40-bed physical and occupational therapy rehabilitation facility. Was a key role in patient recovery, working alongside therapists, social workers, MD’s, other nurses and CNA’s. Ensured that doctors’ orders were effectively carried out, including testing, medical procedures, consultations and stat orders. Admission and discharge of patients. Distributed medications to assigned patients. Pain management, dressing changes, sterile procedures, catheter insertion/removal, IV and PICC therapy. Advocate for each patient. Compassionate and caring towards patients, family and coworkers.

Licensed Practical Nurse
12/2008-08/2011
Alta View Sports Medicine, Sandy, Utah
Worked with orthopedic surgeon in office. Patient care, dressing changes, triage incoming calls, pain management, post-op care, medication distribution.

Key Skills
• Honest
• Punctual
• Adaptability and flexibility.
• Self-control
• Ethical
• Organized and ability to multi-task
• Effective verbal and written communication skills
• Good judgment and resourceful
• Patient/Family Education
• Patient Advocacy

Licenses/ Certifications
Licensed Practical Nurse 12/17/2008
License #6402913-3101 Exp 1/31/12
PICC and IV infusion therapy Certification 2/21/2012
Superior Care Pharmacy, 14 educational hours.

Education
2005-2007 Utah Career College West Jordan, Utah
Applied Associates of Science
2002-2004 Saint Mary’s College Notre Dame, Indiana
• General Education, 2 years college
Breast Cancer- Health 1020

Dickinson 1
Tamara Dickinson
Professor Anne Marie Jensen
Health 1020
14 July 2013
Breast Cancer: The Silent Killer

In the United States, nearly one in eight women will develop breast cancer at some time in her life (webmd). Breast cancer is considered a silent killer because it is not painful at first; by the time it is painful, the cancer has progressed in stages. I feel very passionate about breast cancer research and education because my family has been plagued with this horrible cancer. My maternal aunt was 45 when she found out she had stage 3 breast cancer. My paternal found out she had stage 2 breast cancer when she was 51. My other paternal aunt was 47 when she was diagnosed with stage 2 breast cancer. My paternal grandmother was 64 when she found out she had stage 1 breast cancer. As a result of these diagnoses, my family was encouraged to see a Geneticist. My mother, 2 maternal aunts, a few cousins, my sister and I were all tested for the genetic mutation known as BRCA-2. Out of the 7 family members tested, 6 of us came back positive with this mutated gene. The Geneticist was in disbelief. She told us she normally sees the odds of 1 out of 2 women coming back positive with the gene. Women who carry the BRCA gene may have up to an 85 percent chance of developing breast cancer at some point in their lives (Vopal). My odds of getting breast cancer are quite high, considering I tested positive for BRCA 2 and my familial history of breast cancer. In this paper, I will explain the etiology of the disease, the symptoms that present, the causes of the cancer, treatments available, prevention and the effects that diet, activity and exercise have on breast cancer.

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Etiology of Breast Cancer

Breast cancer is the most common cancer in women, but can also present in men (CDC). Like all cancer processes, breast cancer begins with an uncontrollable growth of abnormal tissue in the breast. Normally, cells in the breast that are old or damaged will stop dividing and die before they can become cancerous. These cells are replaced with healthy cells. Breast cancer occurs when a genetic mutation causes old or damaged cells to continue to divide and multiply uncontrollably. This results in the development of a tumor in the breast tissue (right diagnosis). It most commonly develops in the breast tissue, primarily in the milk ducts (ductal carcinoma) or glands (lobular carcinoma) (webmd). It spreads quickly and can travel to other organs. Breast cancer is known as a malignant cancer because it spreads easily and attacks other body tissues. It has been known to be painless in the beginning and only becomes painful in nodules in the breast because they grow and cause pressure.

Symptoms of Breast Cancer

Unfortunately, there are not a lot of symptoms that present with breast cancer, making it harder to diagnose until the cancer has progressed. The most common symptom and best indicator to find breast cancer is lumps in the breast tissue. They can present in many different sizes. Women are advised to do a monthly breast exam to check for lumps to help with early detection and prevention. The lump or nodule can be painless at first. Once the cancer has progressed, the
symptoms can present as a lump in the armpit, thickening or swelling of part of the breast, irritation or dimpling of breast skin, redness or flaky skin in the nipple area, inverted nipple or pain in the nipple area, nipple discharge other than breast milk, including blood, and any change in the size or shape of the breast (Taber’s). Education of the symptoms is extremely important for women to have a good knowledge so they can catch breast cancer early and begin treatment as early as possible.

Causes of Breast Cancer
There are not any precisely known causes of breast cancer but there are many risk factors that attribute to breast cancer. The most influential risk factor is genetics and family history. A woman whose mother, sister, or daughter has had breast cancer is two to three times more likely to develop the disease, particularly if more than one first degree relative has been affected. This is especially true if the cancer developed in the woman while she was premenopausal (webmd). All 3 of my aunts who have had breast cancer were all pre-menopausal. This fact and the fact I have the BRCA 2 gene increases my chances of getting breast cancer immensely. Other risk factors known to contribute to breast cancer are age (over 50 years old), an excess of the hormone estrogen, early menstruation, has first child after the age of 30, and doesn’t breast feed. Also having a BRCA 1 or BRCA 2 gene predisposes a woman to breast cancer (webmd).

Diagnosing and Treatment of Breast Cancer
The earlier breast cancer is found and diagnosed, the better your chances of beating it. (breastcancer.org). Breast cancer is most efficiently detected by annual mammograms and self breast exams. The other diagnostic tools used are an ultrasound of the breast, and magnetic resonance imaging (MRI). Once a lump or nodule is seen by one of these tests, it is surgically removed and biopsied to determine whether it is benign or malignant (Taber’s). Once is it confirmed as breast cancer, it is then categorized as a stage. There are 4 stages of breast cancer.

The type and stage of cancer determines what kind of treatment will be needed. In Stage 1 breast cancer, the cancer is still considered in an early stage. In stage 2 breast cancer, the cancer is in the breast and may also be in nearby lymph nodes. In stage 3 breast cancer, cancer hasn’t spread far beyond the breast and nearby lymph nodes. Stage 4 breast cancer has spread beyond the breast and nearby lymph nodes to other parts of the body (webmd). There are two major goals of breast cancer treatment: To rid the body of the cancer as completely as possible and to prevent cancer from returning (webmd). Treatment possibilities includes chemotherapy, radiation, single or double mastectomy, immunosuppressant medications, surgery, hormone therapy, etc. (CDC).

Prevention of Breast Cancer
There is not a way to prevent getting breast cancer, but you can decrease your risk by being educated about the risk factors of breast cancer. It is important to get regular screenings for breast cancer. Another way to decrease your risk is to control your weight and exercise regularly. Knowing your family history of breast cancer is very important to understand your chances of getting the disease. Limiting the amount of alcohol you consume may decrease your chances of having breast cancer as well (CDC). A relatively new idea to prevent breast cancer is prophylactic double mastectomy and oophorectomy. With my high possibility of having breast cancer, I plan to do have a double mastectomy and oophorectomy once I am finished having children. I am only 29 years old and have a long life to live. I made this decision knowing my family history of breast cancer, knowing I am positive for the BRCA 2 gene, and watching my poor aunts suffer through cancer and recovery. I get both negative and positive response to this decision. I made this decision 3 years ago when I found out I was positive for BRCA 2. My Aunt Diana is very supportive of my decision. When she developed breast cancer, she was at stage 3 and lost both breasts. She had reconstruction and wanted to have implants so she could have breasts again. Her immune system was very poor at the time due to the immunosuppressant medications she was on and her body was not as strong. While she had ‘stretchers’ in her skin to
stretch her skin enough to make ‘breasts’, she developed a terrible MRSA infection and ended up with gangrene. Needless to say, the infection ate her chest/ breast area, what was left of it, and she was not able to get the reconstruction. She says ‘instead of having 2 breasts that protrude out, I have 2 large indents that go deep in my chest.’ (Ochocki). Since I am not immunocompromised and sick, my body would have a much easier time healing from that surgery. I would be less likely to have half of the complications she had. She encourages and supports my decision. She says she does not want me to go through the ‘hell’ she went through (Ochocki). More recently, a popular Hollywood actress, Angelina Jolie, announced she had done this very procedure as a prophylactic measure. I think it is great that it is coming out in the news so people can be more aware and understand their options.

Effects of diet on Breast Cancer
Good nutrition may reduce the possibility of breast cancer and the risk of breast cancer progression or recurrence. Alcohol intake, being overweight and weight gain have shown consistent and strong positive associations with breast cancer risk. Weight gain, mostly in middle life, contributes substantially to breast cancer risk. Alcohol is the best established dietary risk factor, probably by increasing endogenous estrogen levels (Holmes). A lifelong commitment to a plant based diet may lower a woman’s risk of developing breast cancer and may also reduce the risk of recurrent breast cancer. A plant based diet consists primarily of fruits, vegetables, whole grains, beans/legumes, and other plant protein sources. (Diller). Fruits and vegetables contain vitamins, minerals, fiber, and various cancer-fighting phytonutrients. Carotenoids have a protective role for certain sites of cancer, including breast cancer (Diller). Pesticides used on food can be a potential risk for cancer. Organic food is much safer to consume. Organic vegetables also contain a greater concentration of phytonutrients. Consuming organic foods appears to increase salicylic acid, which may contribute to a lower risk of breast cancer as well (Diller). Being conscious of what you are eating can help decrease the odds of developing breast cancer.

Effects of activity and exercise on Breast Cancer
Regular exercise is an important part of being as healthy as you can be. More research is showing that exercise can reduce the risk of breast cancer coming back if they’ve been diagnosed, as well as reducing the risk of developing breast cancer if they’ve never been diagnosed (Holmes). It is healthy to exercise during and after having breast cancer. Exercising improves physical functioning, quality of life, and can even help cancer-related fatigue. There also is evidence that exercise can help breast cancer survivors live longer and lead a more active life (breastcancer.org). Maintaining a healthy weight is very important, regardless of having breast cancer or not. Regular exercise prevents obesity and the health issues that come with it. Overweight and obese individuals (with a BMI over 25) have a higher risk of being diagnosed with breast cancer compared to women who maintain a healthy weight, especially after menopause (breastcancer.org). Being overweight can also increase the risk of breast cancer reoccurring in individuals who have already had breast cancer. Exercise can reduce the incidence of breast cancer. Obesity can cause an array of health problems along with the possibility of breast cancer.

Conclusion
Breast cancer is a very aggressive cancer that affects hundreds of thousands of people every year (webmd). It is the leading cancer in women and can even affect men. It is very important to be educated about the risk factors and how to decrease your chances of getting the disease. Proper nutrition plays a large role in this cancer. There are many studies that are linking nutrition to complications and benefits of breast cancer. There are many healthy options that can help avoid developing breast cancer. Educating our country of these benefits of healthy nutrition and the importance of exercise and activity can help diminish the number of cases of breast cancer each year.
Tamara Dickinson Professor Jolynne Berrett English 1010 June 24, 2013 Car Accidents don’t just happen to cars. A young girl looks ahead to the right, solemnly, with big beautiful eyes, blonde colored hair; she is wearing light colored overalls. She is standing in front of a light gray backdrop. Literacy Narrative - English learning. Topics: Teaching English as a foreign language, High school, English language Pages: 3 (950 words) Published: February 15, 2014. Literacy Narrative - English learning. I’ve been learning English for nearly three years by now. Professor Cami Dilg English 1010 My Literacy Adventure Growing up I loved to read, and I think I owe a great deal of credit to my mom. Since the beginning she would set aside time out of her day to help me read, not to mention the long hours of helping me with my spelling. Being young I don’t quite remember how long we would read every day, but I do remember the stories at least some of them.